



## discovering PERU

Millions of Peruvians – more than half the country’s people – struggle to survive, making out an existence below the poverty line. Close to one-fourth of them live in extreme poverty. Peru is a country in western South America. It is bordered on the north by Ecuador and Colombia, on the east by Brazil, on the southeast by Bolivia, on the south by Chile, and on the west by the Pacific Ocean.

Despite years of promises and billions in social programs, the bulk of Peru’s population (54 percent) lives in poverty. Of the poor, 19 percent live in “absolute poverty,” meaning they survive on less than US\$1 a day, according to the United Nations Development Program.

The contrasts between rich and poor are clearly seen in Lima, the capital. The majority of the capital’s population lives in shantytowns, most of which are perched on barren sand dunes near the Pacific coast or on rocky outcrops in the foothills of the Andes. However, although poverty affects both urban and rural people in Peru, the deepest poverty is rooted in rural areas, where food insecurity is chronic in most communities.

The poorest of the poor are the indigenous people living in remote areas in the southern highlands. In that region, about 73 percent of the indigenous Quechua and Aymara communities – more than 5 million people – live below the poverty line.

Rural women are the worst affected. The majority of rural women are poor, and nearly 70 percent of them are extremely poor. Rural women play an important role in the subsistence economy. They work in agriculture and tend livestock, and they engage in income-generating activities. Women may represent as much as 80

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Note: Recognizing that information on Peru is readily available on the Internet, we encourage you to learn as much as you can about the political background, history, geography, economics and culture of this amazing country. This document provides a general overview, with some specific information that will help short-term teams appreciate Peru even more and understand our work. Going to Peru as part of a short-term team is different from a leisure trip or traveling for business. The information provided here can help you prepare for a potentially life-changing experience. Sources used for some country facts include CIA: The World Factbook and BBC News.



percent of a family's labor force. Thanks to their productive activities, in addition to traditional household tasks and child care, women make it possible for their husbands to migrate in search of temporary work.

Rural poverty has its roots in:

- high rates of illiteracy, particularly among women.
- lack of essential services such as education and electrical power.
- lack of secure property rights to land, forests and water.
- inadequate agricultural research, training and financial services.
- ineffective animal and plant health services.
- poor transport infrastructure and marketing systems.
- lack of well-defined territorial organization and planning.

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### QUICK FACTS

**Full Name:** Republic of Peru

**Population:** 29.4 million (UN, 2010)

**Capital:** Lima

**Area:** 1.28 million sq km (496,225 sq miles)

**Major Languages:** Spanish, Quechua, Aymara

**Major Religion:** Christianity

**Life Expectancy:** 72 years (men), 77 years (women) (UN)

**Monetary Currency:** Nuevo sol

**Main Exports:** Fish and fish products, copper, zinc, gold, crude petroleum and by-products, lead, coffee, sugar, cotton

**GNI Per Capita:** US \$4,150 (World Bank, 2009)

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### WEATHER

Peru is divided by the Andes Mountains into three sharply differentiated zones. In the highlands, there are two well-defined seasons: the dry season (from April to October), marked by sunny days, cold nights and the lack of rain; and the rainy season (November to March), when there are frequent rain showers. The coast of Peru features deserts, beautiful beaches and fertile valleys. The jungle of Peru, which surrounds the wide and

winding Amazon River, is divided into two areas: the cloud forest (700 meters above sea level), which features a subtropical, balmy climate, with heavy rain showers between November and March, and sunny days from April to October; and the lowland jungle (less than 700 meters above sea level), where the dry season runs from April to October and is ideal for tourism, with sunshine and temperatures often topping 35 C.



### PASSPORT / VISA

A passport is required for all travelers to Peru. All information regarding obtaining a passport can be found at the U.S.

Department of State's National Passport Information Center:

[www.travel.state.gov/passport](http://www.travel.state.gov/passport). This site will detail current fees, acceptable forms of identification, downloadable applications, and passport acceptance facility locations. It takes approximately 6 -10

weeks for processing. Please allow additional time for gathering necessary documentation, such as photos, birth certificate, etc.

For an additional fee, the process can be expedited. Information can be found under the website's "Get a Passport in a Hurry" link. For those who already have a passport, make sure that the passport is valid for at least six months beyond the intended stay in Peru. If you have a passport from a country other than the U.S., you may need to take extra measures to ensure smooth entrance into and exit from Peru. Consult the host country consulate to find out what measures need to be taken.

In addition to a passport, some countries require a visa for entry. A visa is a special permit issued by a country's government to allow a foreign citizen into the country. At this time, a visa is not required for Americans traveling to Peru.

For the most up-to-date information about travel from the United States to any foreign country, please visit the Department of State's website at [www.travel.state.gov](http://www.travel.state.gov).

### **VACCINATION INFORMATION**

In addition to applying for a passport, you will also need to research vaccination requirements for your trip well in advance as some vaccinations take time or need to be given in a series to be effective. The best advice regarding vaccinations and any other medications can only come from a qualified physician. Please make an appointment with your family doctor and share with him/her where you are going, how long you will be there and what activities you will be participating in. In consultation with your doctor, you can decide which vaccinations and/or medications will be best for you.

To better familiarize yourself with travel health, please visit the Center for Disease Control's website at [www.cdc.gov/travel](http://www.cdc.gov/travel) prior to your visit with your doctor.



### **LUGGAGE**

Luggage should be limited to one checked bag and the allowed carry-on for each team member. While most airlines will allow two checked bags, large amounts of luggage are difficult to transport while in-country. Any extra bags should be used to transport ministry supplies. Please refer to your teams training materials for a packing list.

### **CULTURAL TIPS**

In addition to learning a few words in the native language, paying attention to a few cultural clues can help you build a foundation for a wonderful cross-cultural friendship. These tips are like a map for you during your time in Bolivia. They will not give you the answers to all situations, but they may help you understand why people behave the way they do.

It is considered rude and offensive to toss or throw something to a person unless you are playing a game.

### *Did You Know ...*

- Peru is home to more than 300 different varieties of potatoes.
- The largest river in the world, the Amazon, originates in Peru.
- Peru has the driest desert on the planet, the Atacama Desert, where it does not rain in most years.
- In 2007, Machu Picchu, an Inca sacred place in the Andean mountains of Peru, was named one of the new Seven Wonders of the World.





Many greetings are done by kissing the cheek of the other person. This is appropriate when a man and woman greet and when two women greet. It is not appropriate when two men greet.

*Please do not bring  
the following:*

- Shorts
- Tight or revealing clothing (pants, jeans and shirts)
- Low-cut shirts (scoop neck or V-neck)
- Tank tops
- Excessively low-rise jeans or excessively baggy pants
- Shirts that reveal the midriff
- Clothing that has inappropriate or questionable words or pictures
- Clothing with rips, holes or stains

### CLOTHING

Our dress code is a sign of respect for the people you will be working with, as well as to convey a conservative Christian lifestyle. In Peru, the general rule of thumb for dress is conservative.

Wearing appropriate clothing will open the door for establishing good relations with the community.

While in the community and during tourism days, team members should wear long pants and loose-fitting T-shirts. (Capri pants are okay.) If the team is attending a church service, women should wear long skirts and loose-fitting blouses, and men should wear long pants and collared shirts. Except when in the hotel, team members should always wear close-toed shoes.

We also request your cooperation in submitting to FH staff in regards to piercings, tattoos and radical haircuts.

Out of respect for cultural sensitivity, we request your cooperation in submitting to FH's policy in regard to piercings, tattoos and radical haircuts. For more details about this topic, please talk to your team leader.

### ELECTRONICS

You may bring cameras (disposable, standard or digital), iPods, cell phones and other small electronic devices; however, you assume all risks of damage, loss or theft of your belongings. Keep in mind that you will be kept quite busy, and there will not be a lot of time to use many electronic devices. Also, electricity may not always be available to recharge electronic equipment, including cameras and camcorders. Please bring extra batteries. When in public, don't display expensive electronic items or any items that may just appear expensive.

### PHOTO POLICY

All photos or videos should be taken with utmost discretion. Upon arrival in the country, your Team Coordinator will explain the country's photo policy. Some considerations:

- Make sure the focus is on relationships and the ministry, not pictures.
- When possible, ask before taking pictures.
- Designate a photographer. Rather than taking the same picture on 12 different cameras, take the picture with one or two cameras and share when you get back.
- Be sure that any picture you take conveys dignity



for the person in the picture. If you will not remember the names of the people in the story or the significance of the photo, re-consider the need for taking a photo.

## FOOD

Your Team Coordinator will have arranged breakfast, lunch and dinner for your team. You will have the opportunity to sample a variety of food while in Peru, both traditional dishes and some American favorites. While some dishes may be unfamiliar, please come with an open mind and be willing to try new foods prepared for you. You are welcome to bring additional food for between-meals snacks.

Avoid eating foods that have not been provided or approved by Food for the Hungry staff. Eating something from a local vendor or street market could lead to sickness. If you have any food allergies or special dietary needs, please communicate those to FH/US ahead of time. Our field staff will need time to arrange other options for you.

Your Team Coordinator will also have a supply of bottled water. Only drink the bottled water. The bottled water will also need to be used for brushing your teeth and taking any medicines. If you are served ice in a drink, please verify that the water is okay by consulting with your Team Coordinator.

## TRANSPORTATION

Your Team Coordinator will have arranged transportation the entire time your team is serving with Food for the Hungry. In Peru, most travel is done by private minibus. FH/Peru works with a reliable minibus company in Lima. Generally, FH teams do not use public transportation.

Driving in Peru may be a new experience for you. The roads are likely to be bumpy and winding. You may feel that the vehicle you are in is uncomfortably close to the vehicle or pedestrian beside it. Streets may seem overwhelmingly crowded. Traffic signs may not always be followed. Remember that you are in good hands. Your driver is a professional and used to the traffic conditions. Keep your hands, feet and belongings

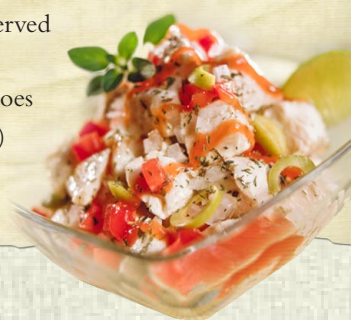
inside the vehicle at all times. If you experience carsickness, sit in the front or take an appropriate medicine for motion sickness.

## COMMUNICATION

You will likely be without telephone and/or e-mail access during your time in Peru. While these services may be readily available, especially in tourist areas like Lima or Cuzco, your schedule will be packed with activities. This will help you to focus your energy and attention on the transformative work of the Lord and to help maintain a cohesive group dynamic. We encourage you to leave your cell

### *Famous and delicious Peruvian dishes:*

- ✓ *Aji de Gallina* (pulled chicken in a yellow cheese sauce over rice)
- ✓ *Causa* (two layers of mashed potatoes filled with shredded chicken and mayonnaise mixture, served cold)
- ✓ *Lomo Saltado* (thin strips of steak stir-fried with onions and tomatoes served over French fries and rice)
- ✓ *Ceviche* (raw fish marinated in lemon juice and served with corn, sweet potatoes and onions)





phone at home and inform your family and friends that you will be unavailable until you return to the States.

If there is an emergency in the country or community where you are serving, your Team Coordinator will contact your family and appropriate people at your home church. Before you leave the U.S. you will be given a U.S. phone number and other details, which you will pass on to your family and close friends. If there is an emergency in the U.S. while you're on the field, your family member or friend may call that number. Your Field Liaison will assess the call and facilitate communication with you or the field staff as necessary.

### MONEY

While with Food for the Hungry, all transportation, food, lodging and water are covered by FH. You will only need money for souvenirs and shopping you will do in-country and while traveling. A suggested amount for this purpose is \$100 to \$200. It is advisable to bring cash as U.S. dollars are widely accepted. Bring bills no larger than \$20 and be sure that the bills are crisp and new (no more than 5 years old) to ensure acceptance. Traveler's checks can be used, but they can only be exchanged in limited locations and extra fees always apply.



### FOOD FOR THE HUNGRY/PERU

Food for the Hungry began working in Peru in 1982. FH worked for several years in Chiclayo, Trujillo, Lima and Arequipa, but had to leave the provincial areas due to terrorism. It concentrated its activities in Lima and then in the jungle area of Pucallpa. In 1991, due to terrorism extending to the Lima area of work, FH had to leave the location and established itself in a new and safer project area.

In 1993, FH staff pastor began building a stairway into a steep hill (so people could haul water without stumbling) while sharing his faith with residents. This led to the formation of couples clubs and prayer groups. From 1989 to 1998, FH conducted clean water programs and sponsored a school for handicapped children in Pucallpa. They also had a small-business loan program. In 2001, a part-time pastor was hired in the Highlands, in the Department of Ayacucho, to exclusively work in equipping local Quechua churches to minister holistically through the Samaritan Strategy program.

FH/Peru now works in 19 communities in Lima and in 11 Indian and Mestizo communities located in the river and peri-urban areas of Pucallpa. In Lima and Pucallpa, our work includes:

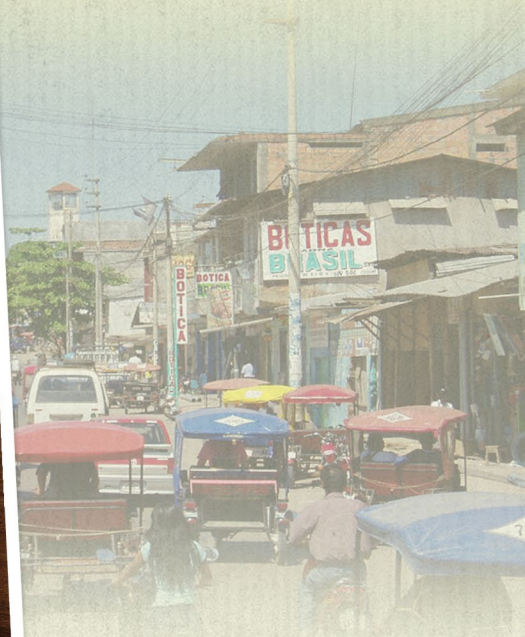
**Child Development** – Personalized work with the children and their families through home visits, children's and adolescents' clubs, plus working with community leaders in community planning and organization.

**Family Action Program** – In Peru, 4 out of every 10 women are victims of family violence. Violence is viewed as a normal part of family life. In general, violence is both physical and verbal and does not only affect the women, but their children as well. The Family Action Program seeks to end violence through educational workshops, counseling, formation of local support groups, and training local volunteers to promote the end of violence in their communities.

**Disaster and Emergency Response Program** – Training communities, churches and NGOs in Peru to respond in cases of disasters.







**Scholarship Program** – Providing funds for vocational training to former sponsored children. Future plans include training churches in the poorest areas of the Peruvian highlands to reach out and serve their communities holistically.

**Church Development** – Equipping local churches in biblical worldview, with the end result that these churches are moved to minister holistically and practically to the needs of the children and families in their communities and share God's love in a tangible way.

**Leadership Development** – Working with existing community leaders to develop servant leaders who are equipped with the knowledge necessary to respond to the needs of the children and families in their communities. FH/Peru helps community leaders in developing strategic plans for the holistic development of their communities.

**Health** – Promoting healthy practices and disease prevention by sharing technical knowledge and practical solutions, but also by educating against the negative beliefs and values that affect people's perspective about health.

### *Prayer Requests*

- Pray for wisdom and strength for the leaders and staff of FH / Peru.
- Pray for FH's activities in the country, that God would use these outreaches to lift Peruvians out of physical and spiritual poverty.
- Pray that our staff would have compassion, wisdom and sensitivity so they can effectively reach out to the poor and most vulnerable in Peru.

